

April 2011

# Scooby-Doo 101

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## Recommended Citation

Elzinga, Luke and Wolfswinkel, Kelsey (2011) "Scooby-Doo 101," *Ethos*: Vol. 2011 , Article 11.  
Available at: <http://lib.dr.iastate.edu/ethos/vol2011/iss3/11>

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# Scooby-Doo

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For the past forty-one years, children have been learning some of life's most important lessons from a Great Dane. Spanning many childhoods, Scooby-Doo and Mystery, Inc. have been solving mysteries involving masked madmen across the world. And although Scooby can be very entertaining with his cowardice, humor and desire to eat, he and the gang also take time to teach us all valuable lessons.



## 01 Unmask your monsters stress-free

The premise seems the same every episode. The gang has been called to solve a mystery involving a monster, talk to a few people, and then get a glimpse of the villain themselves. Although they are faced with a big, scary monster, the members of Mystery Inc. remain calm and carry out their mystery-solving business as usual. By stepping back and looking at the clues before them, they are able to unmask the culprit, who normally happens to be the second person they were introduced to and proceeds to curse these "meddling kids."

By stepping back from a situation in life and taking time to assess it as a mystery to be solved instead of a giant, monstrous task, we can solve problems much more easily and without as much stress. Mystery Inc. really demonstrates a stress-free approach to problem solving. Perhaps this explains why Scooby and Shaggy are always so chill—although it could be the same culprit behind their constant state of "the munchies."

On the other side of the spectrum, don't relax and forget about your responsibilities before it's too late. Even Velma mistakes beasts for things less fearsome when she loses her glasses. Make sure you find them—and fast.



## 02 "Let's split up, gang!"

Sometimes we can't accomplish all tasks on our own. As Freddie always says, "Let's split up, gang." By splitting up and looking for clues, Mystery Inc. is able to solve the most baffling mysteries with ease.

This is another lesson Scooby-Doo has taught us. Just because people are not physically together doesn't mean they can't work together as a team. This is even more evident in our world today where technology bridges huge gaps between individuals. Also, this teaches personal responsibility when part of a team. When each team member has a task to fulfill, work gets done much more quickly. Now, Scooby and Shaggy will occasionally wander off to look for a fridge, and who knows what Daphne and Freddy are up to half the time, but for the most part the gang does a good job of searching hard for clues. They're also ready to jump into action if they hear danger-prone Daphne scream for help. Part of being a team is working together and helping each other, but another part of it is getting your assigned task completed, and trusting your teammates to do the same.

Scrappy-Doo always attempts to take on these monsters by himself. Lucky for him, Uncle Scooby is there to stop him, no matter how hard he pleads to "Let me at 'em!" Scrappy never understood teamwork, and look where it got him: a place as the main villain in a crappy live-action remake.



## 03 Everyone needs a Scooby Snack

The last lesson Scooby-Doo has taught us is that everyone needs a Scooby Snack. In the spirit of Scooby himself, a Scooby Snack is something you would do anything for. Your Scooby Snack might be a person. It might be a group of people—friends, family. It might be a career or a religion, but it's definitely not a material object. Life can be hard and stressful, especially in college. But no matter what challenges lie ahead of you, you will defeat them for your Scooby Snack. It may take two to convince you, but you'll do it.

Scooby-Doo and Mystery Inc. don't put their lives in jeopardy every day just for the hell of it. They do it so you can learn some essential life skills. Take time to look at the clues and unmask your monsters stress-free, even when they are chasing you up and down hallways. Don't be afraid to split up when working as team. Most importantly, never forget your Scooby Snack. Thanks, Shaggy. Thanks, Velma. Thanks, Freddie. Thanks, Daphne. And most of all, thank you, **Scooby Doo.**